



# Nephi Recreation Newsletter

## FEBRUARY 2014

### "SPONSOR OF THE MONTH"



Central Valley Medical Center enthusiastically supports Nephi Recreation. Why? Your good health is our top priority. We now offer DEXA scans, the most sophisticated technology for the assessment of body composition. The demand for accurate body composition analysis is growing and we realize its value in identifying serious health risks that result from obesity, including heart disease and type 2 diabetes. That's why we are offering body composition exams for the reduced price of \$25 during the month of February and March. No physician order is required. Call 623-3165 to schedule your exam today.

### Coed Volleyball 2014

Co-ed Volleyball league will be 6 x 6. Rosters may have up to 10 persons. Season will consist of 12 games and a Single Elimination Tournament. Teams will play 2 matches per night.

**Who:** Ages 16 & older      **Where:** Old Nephi Gym      **Registration:** January 20 - March 3, 2014

**Game Days:** Wednesdays: March 12– April 16      **Post Season:** April 23-24



Team Fee:

\$225.00

\$250.00

Early-Bird Registration Fee: (before Feb 14)

Late Registration Fee: Feb 15-March 3

### New! BYU SOCCER CLINIC// March 22



BYU Soccer players & Coaches will be teaching youth the basics of soccer.

Fee includes a FREE ticket to a BYU soccer game in 2014. **(Must Register before March 1)**

**Ages:** 5 & older      **Time:** 10am-12noon      **Fee:** \$10 per person      **Location:** Pink School Field

[www.nephirecreation.com](http://www.nephirecreation.com)

## Youth Track & Field

Who: Youth Boys & Girls 7-14 years of Age

Early Bird Fee: 7-10 years old **\$20** & 11-14 years old **\$25**

Registration begins February 1st; Season practices begin in April

## Girl's Softball

Who: Girls 4 years old-9th Grade

Reduced Early Bird Fees: Tball \$30/ Coach Pitch \$35/ Falcon \$40/Filly \$45/ Fox\$50

Registration begins February 1st; Season practices begin in April; games start in May

## *New!* Boys Baseball

Who: Boys 4 years old-15 years old

Reduced Early Bird Fees: Tball \$30/ Coach Pitch \$35/ Minor \$45/Major \$45/ Pony \$50

Registration begins February 1st; Season practices begin in April; games start in May

## Youth Swim Team

Who: Boys & Girls 8-18 (**Registration begins April 1st**)

**"Tentative"** Early Bird Registration **Fee: \$50 per person**

Includes 3 practices per week, swim meets & t-shirt; June thru July

## Combined Registration "Adaptive" (Softball & Soccer)

This is a great way for youth to socialize, exercise and be on the team

Who: Boys & Girls with Disabilities; 5 to 20 years of age.

Registration begins February 1st– April 11; Covers both sports (6 weeks each)

Softball begins in April (Monday's) & Soccer begins in July (Monday's)

**Fee: \$30 per person //** will include reversible jersey/hat/post season medals.

## **BRITISH SOCCER CAMP**

**June 9-13 @ Pink School Field /Nephi /(200 N 100 E)**

The #1 Soccer Camp in the USA/Canada comes to You!

*REGISTER ONLINE TODAY AT [WWW.CHALLENGERSPORTS.COM](http://WWW.CHALLENGERSPORTS.COM)*

*FREE jersey with online registration promotion deadline is April 25th.*

9am-10:30am Mini Soccer Ages 3-5 \$93

9am-12:00pm Half Day Ages 6-14 \$127

1:00-4:00pm \*Golden Goal Ages 6-14 \$50

\*Golden Goal is an add-on session specifically for those registered for the Half



CAMP FEE INCLUDES FREE  
BALL AND T-SHIRT.

## **Men's Softball**

10 Games & Single Elimination Tournament

Registration: Feb 1-April 2

Games: **Thursdays**; Starts April 24th

Team Fee: \$325 before March 14; \$350 after



## **FEBRUARY**

### **HEALTH CHALLENGE!**

“Stretch” before & after exercising.  
Take 5 minutes to stretch your muscles.  
This will prevent injury and cramping  
during exercise.

Visit link below for Examples:

<http://www.runnersworld.com/training/stretching>

## **Play Time @ the Gym**

Bring your young children to the Gym  
each Tuesday at 10:30am. Let them  
get their wiggles out. Balls /skates  
available for the kids. **FREE!**

### **Contact Information**

Recreation Director-John Bradley

Phone: (435) 623-1004

Email: [jhbradley@nephi.utah.gov](mailto:jhbradley@nephi.utah.gov)

Old Gym Office Hours: 1:00-4:00pm

Office Address: 45 E 100 N

**Online Registration Now Available! [www.nephirecreation.com](http://www.nephirecreation.com)**